



Maryland Health Care Transition FACT SHEET

FOR Support Systems

Health care transition is the process of getting ready for health care as an adult. During childhood, parents usually help with medical needs—they call for appointments, fill out forms, and keep track of medications. As youth get older, managing medical needs becomes their own responsibility.

Your Role: To help support the youth to develop skills to support adult life and independent living as it relates to their health care needs.

WHAT YOU CAN DO

- Identify transition age youth ages 12-21, needing help.
- To initiate conversations with the youth and their parents on health care transition, schedule time to meet with the parents and the youth to discuss health care transition.
- Provide parents and youth with health care transition fact sheets and resources.
- Utilize Got Health Care “check your skills” worksheet, as a guide.
- Advocate and include health care transition goals in the youth’s care plan. (i.e: to be able to name medications and dosage times).
- When talking to the youth’s provider, begin the conversation around the youth’s need to be prepared for transition to an adult health care system. Utilize the recommended timeline, as a guide.
- Share the health care transition notebook with the youth and parent.

Resources:

- Got Transition: <http://www.gottransition.org/>
- Resource Locator: <http://specialneeds.health.maryland.gov/>
- Health Care Transition Notebook: <http://phpa.health.maryland.gov/genetics/Pages/MyHealthcareNotebook.aspx>
- Office of Genetics and People with Special Health Care Needs website: <http://phpa.health.maryland.gov/genetics>
- Guardianship and Alternatives for decision making: <http://www.gottransition.org/resourceGet.cfm?id=17>

Recommended Health Care Transition Timeline

AGE: 12

- Talk with the youth about health care transition.
- Include the parent and get consent to include the provider in conversations about transition.
- Assess the youth's skills and work on enhancing self-advocacy, as applicable.

AGE: 14

- Help in track and monitor the youth's health care transition progress.

AGE: 16

- Work with the youth in assessing their skills and getting them ready for adult provider care.
- Share information on SSDI/SSI eligibility requirements for adults.
- Explore and share options for healthcare coverage.
- Explore and share alternative living arrangements and/or transportation, if applicable.

AGE: 18

- Make sure the youth is ready for adult care, their self-advocacy skills and care plan is up to date.
- Share legal information regarding guardianship, power of attorney and/or medical directives.
- Continue documenting the youth's progress and transition changes.

AGE: 18-22

- The youth meets their new adult provider and adult specialists.
- The youth is in their last year of entitlement to special education services.

AGE: 23-26

- Health Care Transition is complete and transferred onto adult care.

Use the **GLADD** approach when talking to parents and students about health care transition.

- **Give information**
- **Listen and learn**
- **Ask questions**
- **Decide on a plan**
- **Do your part**

For More Information:

Mary D. Price, Health Care Transition Coordinator **email:**
mary.price@maryland.gov
Office of Genetics and People with Special Health Care Needs
201 West Preston Street, Room 423 Baltimore, MD 21201
410-767-6730



Maryland Department of Health

Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neall, Secretary